

## **EXERCISE!**

**Point out to the audience that another way to increase bone retention of calcium and promote bone health is through exercise.**

***Affirm to the audience that they should always consult with a health care provider before beginning any exercise program***

*It may be helpful to note that these classifications of exercise pertain to the effects on the skeleton or skeletal muscles rather than to aerobic exercise, which requires additional effort by the heart and lungs. While many of the exercises which fit into these categories may be classified as aerobic, not all aerobic exercises provide benefits to the bones. Note: swimming is a good source of exercise but is not weight bearing, and thus, not particularly helpful for building bone.*

**It is very important that you consult a doctor before beginning any type of exercise. Individuals with high blood pressure should take extra precautions against dizziness, which can result in injury when exercising. Those with back problems may require an exercise program prescribed by a physician and instructed by a physical therapist or exercise physiologist. Always stop exercising immediately if you experience any shortness of breath, dizziness, or pain.**

### ***Activity: Exercise Guide***

- State to the audience that they have been sitting for a long time and that they will now have the opportunity to stretch and to learn some easy movements that can help improve balance and strengthen their bones.
- Point out that poor balance is frequently the cause of falls, and that it is helpful to practice improving one's balance.
- Ask the audience to stand up slowly. Point out that many falls occur because people stand up and begin walking too quickly.
- Model and guide the audience through the following exercises:

### **CORRECT POSTURE:**

- Stomach tight.
- Lower back straight, shoulder blades pinched together.
- Knees slightly bent.

### **HIP EXTENSION:**

- Stand holding onto the back of a chair and bend forward about

45 degrees at the waist.

- Lock the knee and lift one leg straight out behind you as high as possible without bending the knee or moving the upper body. The movement should be smooth and controlled.
- Slowly lower leg to the starting position.
- Complete 8 repetitions on both sides, alternating legs between lifts.
- Rest.
- Repeat set.

#### **MODIFIED SQUAT:**

- Hold onto chair.
- With knees soft and slightly bent, do a pelvic tilt (hold stomach in while flattening your back)
- Slowly lower yourself 6-8 inches.
- Hold this position for 5 seconds while maintaining the pelvic tilt.
- Relax.
- Return to standing position.
- Repeat.